

Goldstein
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Given $L = \frac{m\dot{x}^2}{2} - \frac{kx^2}{2}$ and $x = \sum_{j=0} a_j \cos(j\omega t)$

The first step is to calculate the action between $t=0, t_2 = \frac{2\pi}{\omega}$

$$I = \int_{t_1}^{t_2} L dt = \int_0^{2\pi/\omega} \left(\frac{m\dot{x}^2}{2} - \frac{kx^2}{2} \right) dt = \frac{m}{2} \int_0^{2\pi/\omega} \dot{x}^2 dt - \frac{k}{2} \int_0^{2\pi/\omega} x^2 dt$$

Note: $\dot{x}^2 = \left(\sum_{j=0} a_j^2 j^2 \omega^2 \sin^2(j\omega t) \right) + \sum_{j \neq i} a_j a_i j i \omega^2 \sin(j\omega t) \sin(i\omega t)$
 $x^2 = \sum_{j=0} a_j^2 \cos^2(j\omega t) + \sum_{j \neq i} a_j a_i \cos(j\omega t) \cos(i\omega t)$

$$I = \frac{m}{2} \int_0^{2\pi/\omega} dt \left[\left(\sum_{j=0} a_j^2 j^2 \omega^2 \sin^2(j\omega t) \right) + \sum_{j \neq i} (a_j a_i j i \omega^2 \sin(j\omega t) \sin(i\omega t)) \right]$$

$$- \frac{k}{2} \int_0^{2\pi/\omega} dt \left[\sum_{j=0} a_j^2 \cos^2(j\omega t) + \sum_{j \neq i} a_j a_i \cos(j\omega t) \cos(i\omega t) \right]$$

$$I = \frac{m}{2} a_j^2 j^2 \omega^2 \int_0^{2\pi/\omega} \sum_{j=0} \sin^2(j\omega t) dt + \frac{m}{2} a_j a_i j i \omega^2 \int_0^{2\pi/\omega} \sum_{j \neq i} \sin(j\omega t) \sin(i\omega t) dt$$

$$- \frac{k}{2} a_j^2 \int_0^{2\pi/\omega} \sum_{j=0} \cos^2(j\omega t) dt - \frac{k}{2} a_j a_i \int_0^{2\pi/\omega} \sum_{j \neq i} \cos(j\omega t) \cos(i\omega t) dt$$

$$I = \frac{m a_j^2 j^2 \omega^2}{2} \left[\frac{j 2\pi}{2\omega} \right] + \frac{m a_j a_i j i \omega^2}{2} [0] - \frac{k a_j^2}{2} \left[\frac{j 2\pi}{2\omega} \right] - \frac{k a_j a_i}{2} [0]$$

$$I = \frac{m a_j^2 j^3 \omega^2 \pi}{2\omega} - \frac{k a_j^2 \pi j}{2\omega} = a_j^2 \left(\frac{m j^3 \omega \pi}{2} - \frac{k \pi j}{2\omega} \right)$$

The actual solutions of x happen when I is stationary w/ respect to the a_j parameters. Thus we take the a_j derivative of I to get a list of constraints on the a_j 's.

$$\frac{\partial I}{\partial a_j} = 0 = a_j (m j^3 \omega \pi - k \pi j / \omega)$$

We can safely eliminate the possibility that $j=0$ alone as the solution is assumed to be periodic - not constant.

$$0 = \frac{\pi m}{\omega} \left((j\omega)^2 - \frac{k}{m} \right) a_j$$

Thus...

Either $a_j = 0$, or $a_j \neq 0$ and $(j\omega)^2 - \frac{k}{m} = 0$

But since the j 's are (+) integers, if $j \neq i$, then $(i\omega)^2 - \frac{k}{m} \neq 0$. It's simply a different integer. Thus, if $a_j \neq 0$, then $a_i = 0$ if $j \neq i$. There can only be one a_j that isn't equal to zero.

$$(j\omega)^2 = \left(\frac{k}{m} \right) \quad \text{Then } \omega^2 = \frac{k}{m} \Rightarrow j=1 \Rightarrow a_1 \neq 0$$

Finally: $x(t) = a_1 \cos(\omega t)$ /0